



DERBY SENIOR CENTER NEWS

Visit us at 293 Main Street, Derby, CT 06418 • Call us at 203.736.1484 • Email us at seniorcenter@derbyct.gov

July 2026



Joke of the month: What dance was popular in 1776? Indepen—dance!

CENTER INFO

Hours of Operation:

Monday-Friday: **9:00am-4:00pm**

Any changes will be posted.

Phone: **203-736-1484**

Fax: 203-736-1486

Our Staff:

Executive Director:

Dawn Hebert, MSW

Email: dhebert@derbyct.gov

Administrative Assistant:

Kathy Gerwien, BA Business Admin.

Email: kgerwien@derbyct.gov

Coordinator-Assistant

Sheila Tortora

stortora@derbyct.gov

Kitchen Manager:

Christine Turecek, AA In Culinary Arts

Please Note:

We will be closing at noon on Thursday, July 2nd, to prepare for our Fried Dough Fundraiser and Friday, July 3rd, in observance of Independence Day!

POINTS OF INTEREST

- The **Elderly Commission meeting** is held on the 1st Monday of every month at 3:00. **ON HOLD.**
- The **Executive Board Meeting** is the 2nd Tuesday of the month at 10:00am.
- The **Events Planning Committee** is on the 2nd Tuesday of every month at 10:30 immediately following the Executive Board Meeting.
- **Veteran's Services & Benefits** Please contact Andy Cota at 203-736-8882 with questions or for an appointment. He is available on Wednesdays, 9:00am-1:00pm.
- **Please Note:** Membership is due one year from the date that you pay.
- Be sure to checkout and our **Facebook Page** for updates and other information. Feel free to like our page and follow us!
- **Please Note:** We are not allowed to have anyone in the kitchen other than employees and volunteer kitchen help. Please refrain from going into the kitchen when you are here. We love your company and enjoy talking to everyone, but just not in the kitchen. Thank you.
- **ATTENTION:** When signing up for paid events, please write a separate check for each event or pay by cash. It is very difficult to separate payments that are clumped together. Thank you in advance.
- **LOOKING AHEAD:** Grandparent's Ice Cream Social—August 26th—\$5.00 adults—Kids FREE—Sign-ups begin June 15th. Labor Day Picnic—August 27th—\$15.00 Sign-ups begin August 3rd.

Address: 293 Main Street Derby, CT **Phone:** (203) 736-1484 **Fax:** (203) 736-1486



WELCOME TO THE DERBY SENIOR CENTER

The Center's purpose is to serve as a resource center providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults.

NEW INFORMATION

- **Language & Culture Workshop: French—Tuesdays at 12:30pm**—This informal language workshop is designed for adults who are curious about learning French in a relaxed and supportive environment. Call to sign up.
- **Linda's Social Club**—First Monday of the Month at 1:30pm. Come enjoy coffee and snacks socialize, and make new friends.
- **Chair Massage Therapy Sessions**—The 2nd & 3rd Monday of the month—10am–1pm Appointments required. \$15 for 15 Minutes. Cash Only, paid in advance.
- **NEW—Hand Massages and/or Reiki by Mary Jo**—Thursdays —10:00-12:00—by Appointment Only
- **Blind/Low Vision Resource Presentation**—UR Community Cares—July 16th, 12:30pm. Participants will have the opportunity to try assistive devices and receive a Free copy of the new 2026 directory with senior and disability resources. Free Giveaways!
- **"My Spouse Passed Away. Now What?"**—presented by Steve Archer, retired Financial Planner—Thursday, July 9th—12:30pm.
- **SEWING WORKSHOP with Rose** on Fridays at 11:00. No experience necessary. Call to sign up.

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Derby Senior Center, Derby, CT

06-5354

MONTHLY REMINDERS

Membership Renewals are due one year from last renewal date. Please renew if you have not already done so. Derby residents \$6.00, non-residents \$8.00.

NOTE:

If you know of anyone interested in learning more about what the Center has to offer, he/she is welcome to come to any of our activities and/or events as your 1-time guest or he/she may come on their own for a free week trial. Just check in at the office.

Haircuts

Haircuts are on the 2nd Monday of the month—\$10 cash. Please call for an appointment—(1st Monday this month).

Blood Pressure Screenings with Parish Nurse, Maggie Sessa, is on the 2nd Tuesday of the month.

Please remember to swipe your keytag at the KIOSK when you enter. See the staff if you do not have one or need assistance.

MEALS / EVENTS

"Free-Will"

Membership Breakfast

Thursday, July 23rd, 2026

10:00am

Egg Sandwiches

Fruit Cup

Coffee/Tea

Donations Welcome

Please note: Meals/Events must be signed up for by the Thursday before so we can have an accurate count

Senior Café

Tuesdays & Thursdays at 11:45
\$3.00

****Please Call Ahead before 9:30 am the day before****

DIRECTOR'S CORNER

Dear members,

I can't believe we are half way through 2026! I hope everyone is enjoying their summer and that you have a safe and Happy Fourth of July! The Derby—Shelton Fireworks are scheduled for July 2nd with a rain date of July 5th. We will be holding our annual Fried Dough Fundraiser from 6:00 to 9:00pm at our Elizabeth Street entrance. Fried Dough will be available for \$6.00 and drinks will be \$1.00. Come support your center and enjoy a wonderful evening of Fireworks and community fun! Thank you to all of our volunteers who help make this event possible each year.

I'd like to extend a warm welcome to our new Coordinator Assistant, Sheila Tortora. Sheila comes to us with many years of office and bookkeeping experience, along with a talent for event planning. She will be a wonderful asset to the center. Please stop by the office to introduce yourself and give her a friendly welcome.

I am pleased to report that the new HVAC unit has been installed

and is keeping our activity room nice and cool! We are grateful to the City of Derby for providing the funding that made this improvement possible. Their support ensures that the Senior Center remains a welcoming and comfortable place for all to enjoy.

We have many informative and exciting events this month.

On July 9th, Steve Archer, a retired Financial Advisor, will be here to present "My Spouse Passed Away, Now What?" This important talk will provide guidance on financial matters that surviving spouses should consider as they move forward.

On July 15th, NVHD will begin a 6-week Chronic Disease Self-Management Workshop. Call to sign up and take charge of your health!

UR Community Cares will be here on July 16th for a blind/low-vision presentation. Free Giveaways!

Our Free-Will Membership Breakfast will give you an opportunity to meet the Executive Board. Hope to see you there!

Best Regards, Dawn

ANNOUNCEMENTS

Movie Matinee: The Last Laugh-

When retired talent manager Al Hart (Chevy Chase) is reunited with his first client, Buddy Green (Richard Dreyfuss), a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

Birthday BINGO—July 28th—sponsored by Charter Living.

Diamond Art—July 24, 10:00am—Call for pricing.

Sewing Workshop—Join Rose on Fridays to learn how to sew, work on group projects, or work on your own projects with guidance.

Arts & Crafts—Join Nancy for Arts and Crafts class on Wednesdays, at 12:30. Call ahead to sign up.

Library Book Club—July 1st—1:00—*Beautiful Ugly*-Alice Feeney

Chronic Disease Self-Management

Workshop—NVHD— Wednesdays, July 15th—August 19th—1:00-3:30—The topics covered in this workshop are:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life.

Demystifying Carbohydrates-June 7th—11:45

ATTENTION! Some members are not swiping in on the KIOSK. This reflects badly in our numbers that help with statistic reporting and funding opportunities. **PLEASE REMEMBER TO SWIPE IN!**



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MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

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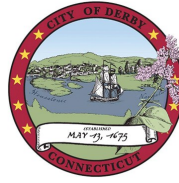
Derby Senior Center, Derby, CT

06-5354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 1:00—Library Book Club—Beautiful Ugly-Alice Feeney 9:00-3:00—Pool Billiards	2 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:00 Hand Massage and/or Reiki (by appt only) 9:00-12:00—Pool Billiards Closing at noon to prepare for Fried Dough Fundraiser Derby-Shelton Fireworks	3 CLOSED 
6 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:30—NEW—Linda's Social Club 3:00—Elderly Commission Meeting—ON HOLD 9:00-3:00—Pool Billiards	7 9:45—Line Dancing 10:00—Board Meeting 10:30-Events Planning 11:45—Senior Café- 11:45-Demistifying Carbohydrates 12:30—Language & Culture Workshop 1:00-3:00 Bingo 1:00 Pool Billiards	8 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 9:00-3:00—Pool Billiards	9 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle Grp 10:00 Hand Massage and/or Reiki (by appt only) 11:45—Senior Café 12:30— "My Spouse Passed Away, Now What?"—presented by Steve Archer, retired Financial Planner	10 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards
13 10:00 Chair Yoga 10:00-12:00 Haircuts 10:00-1:00 Chair Massage by appointment only 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	14 9:45—Line Dancing 10:00—Board Meeting 11:00-Events Planning 11:45—Senior Café 12:30 Blood Pressure 1:00-3:00 Bingo Blood Pressure Checks 1:00 Pool Billiards 12:30—Language & Culture Workshop	15 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 1:00-3:30—NVHD—Chronic Disease Self-Management Workshop 9:00-3:00—Pool Billiards Fleetwood Mac-Log Cabin	16 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:00 Hand Massage and/or Reiki (by appt only) 11:45—Senior Café 12:30—Blind/Low Vision Resource Presentation—UR Community Cares 9:00-3:00—Pool Billiards	17 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi- 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards
20 10:00 Chair Yoga 10:00-1:00 Chair Massage by appointment only 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	21 9:45—Line Dancing 11:45—Senior Café 1:00-3:00 Bingo 12:30—Language & Culture Workshop 1:00 Pool Billiards	22 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 12:45—Decorating Club 1:00-3:30—NVHD—Chronic Disease Self-Management Workshop 9:00-3:00—Pool Billiards	23 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:00 Hand Massage and/or Reiki (by appt only) 12:00— FREE-WILL Membership Breakfast—Election of Executive Board Nominees 9:00-3:00—Pool Billiards	24 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards
27 10:00 Chair Yoga 11:45— Strength Training with Bobbi 1:00-Cardio Drumming 9:00-3:00—Pool Billiards	28 9:45—Line Dancing 11:45—Senior Café 12:30—Language & Culture Workshop 1:00-3:00 Birthday Bingo sponsored by Charter Living 1:00 Pool Billiards	29 9:30 Gentle Yoga 11:45— Strength Training with Bobbi 12:30—Crafting with Nancy—Call to sign up 1:00-3:30—NVHD—Chronic Disease Self-Management Workshop 9:00-3:00—Pool Billiards	30 9:30 Mahjongg 9:30 - Pinochle, Chess, Bridge, Dominoes-Call to sign up 10:00 Hook & Needle 10:00 Hand Massage and/or Reiki (by appt only) 1:00—Movie Matinee—The Last Laugh 9:00-3:00—Pool Billiards Bobbi Darlin/Dr. Devine Log Cabin	31 10:00 Grocery Shopping w/ VTD 10:00— Chair Tai Chi- 11:00--Sewing Workshop with Rose—call to sign up 9:00-3:00—Pool Billiards

DERBY SENIOR CENTER

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CURRENT TRIP SCHEDULES— — —CALL THE CENTER FOR SIGN UP OR INFO

Transportation for seniors is available 5 days a week from Valley Transit District call For more information or to schedule a pick up call 735-6408 Free transportation to & from the center on Tuesdays—call VTD 24 hour in advance for pick up

"Fleetwood Mac" Log Cabin	Price: \$143	July 15, 2026
"Bobbi Darlin/Dr. Devine-Log Cabin	Price: \$166	July 30, 2026
"Lighthouse Cruise"-Narragansett Bay	Price: \$164	August 12, 2026
"HOLIDAY HILL SENIOR OUTING" SOLD OUT	Price: \$46	August 17, 2026
"Summer Nights"-Aqua Turf	Price: \$137	August 19, 2026
"The Voice of Yesterday"—Amarantes Sea Cliff	Price: \$90 SELF-DRIVE	September 10, 2026
Margaritaville on Cape Cod—3 Day Tour	Price: \$639 Dbl, \$809 Single	September 21-23, 2026
The Beatles Tribute Band-Farmington Polo Club	Price: \$137	October 13, 2026
Atlantic City-Tropicana-\$50 slot bonus/\$50 meal voucher	Price \$379 Double	October 27-29, 2026
NY Botanical Garden Holiday Train Show	Price: \$170	December 1, 2026
A Very Soulful Christmas-Log Cabin	Price: \$143	December 8, 2026
Christmas at The White Mountain Hotel & Resort	Price: \$735 Double	December 11-13, 2026
"Mackinaw Island"-Niagara Falls-Passport Required	Prices start at \$2075 Double	August 20-27, 2026
"British Landscapes"—Collette	Prices start at \$4999 Double	October 11 — 20, 2026
"Canada's Magical Cities"—Travel Unlimited	Prices start at \$2,789 Double	September 19-24, 2027

Derby Senior Center's

Fried Dough

Fundraiser

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with home-made sauce before the**

Derby-Shelton Fireworks

Elizabeth Street, Derby



All sale proceeds will go to the Derby Senior Center Membership Fund

July 2nd, 2026

6:00 pm – 9:00 pm

Fried Dough \$6.00

Soda / Water \$1.00

while supplies last

Demystifying Carbohydrates: A Guide to Healthy Carbohydrate Sources

Join us to discuss the myths of carbohydrates



Date: Tuesday July 7th, 2026

Time: 11:45am during lunch

Place: Derby Senior Center

With Dana Taylor, RD, CDN, from Team





UR Community Cares

Michelle Puzzo, Executive Director

Thursday, July 16, 2026

12:30 PM - 1:30 PM

Derby Senior Center

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My Spouse Passed Away – Now What?

Join Stephen Archer, Retired Financial Planner, for an informative presentation and learn what a surviving spouse should be aware of to move forward with their financial life. For surviving spouses and family members helping them cope.

- Collecting Life Insurance Benefits.
- Transition financial accounts to your name.
- Understand the Probate Process and Purpose.
- Revisit all Beneficiary Arrangements and Other Estate Planning Documents.
- Review retitling assets such as a home, second home or a vehicle.
- Notify Social Security and determine if Spousal benefits should be claimed.
- Notify Pension and Annuity Companies and what changes will occur.
- Credit Card Issues, Credit Reports.
- Notify Car Insurance, Homeowner Insurance, Medical Insurance providers.
- Income Tax Filing and what changes to expect.
- Paying monthly expenses and review recurring payments.

Derby Senior Center

Thursday, July 9th at 12:30

Call 203-736-1484 to reserve your spot

Derby Senior Center

Attention Members!

Our **Free-Will Membership Breakfast** is on **July 23rd, 2026** at 10:00am. You will have a chance to vote for the election of nominees for the Executive Board. **If anyone is interested in adding their name or nominating someone else, please let us know by June 12th so that we can add the name to the ballot.** The current names of those running for re-election are listed below. We hope to see many of you for this important vote!

MEMBERS RUNNING FOR REELECTION TO THE EXECUTIVE BOARD

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MARC GAROFALO
JANIS YAKIMOVICH

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VICE PRESIDENT
RECORDING SECRETARY

ELLEN AMODEO
TONY BARSEVICH
SANDRA BUSH
LYNN CASINI
MARY CIRILLO
ROBERT MATURO
JANET MISIEWICZ
DOLORES MOORE
MADELYN PORREL
VIRGINIA ROSSI
NANCY ZEPKE

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HOWARD JACK
CHARLOTTE RITTER

ATTENTION: If you would like to run for the Executive Board of Directors, or would like to nominate someone else, please let us know so that we can add the name to the ballot. Thank you.